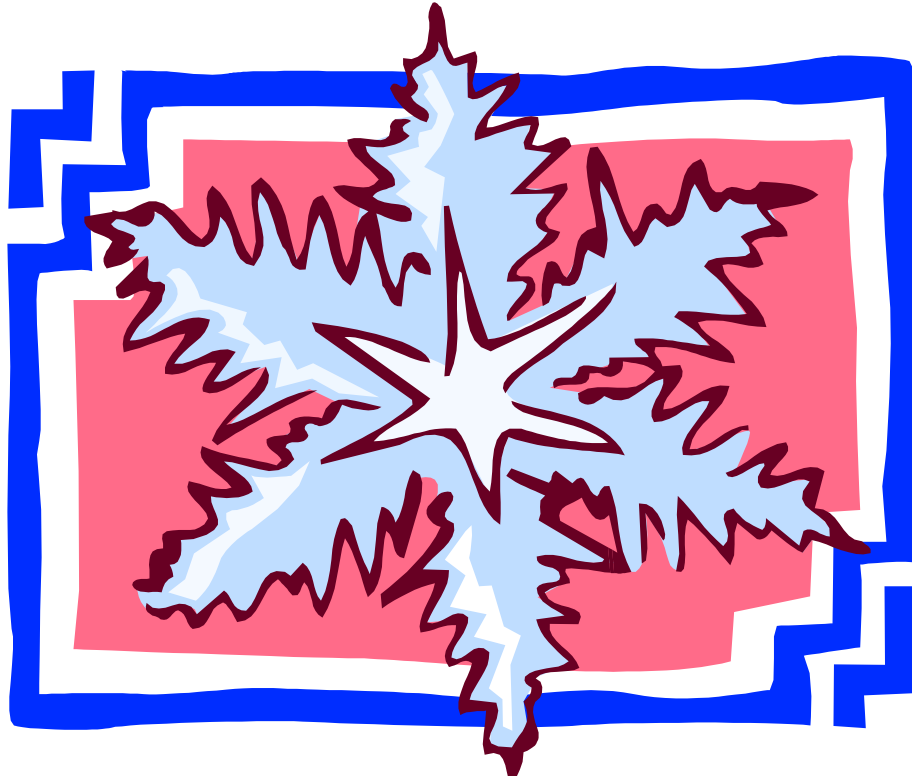


# Shrewsbury Parks & Recreation



*Spring  
Registration  
Saturday  
March 5<sup>th</sup>*

## 2004/2005 Winter Brochure

*Registration opens*

*Saturday December 4<sup>th</sup>*

*8-10AM at Parks & Recreation*

*Continues weekdays*

*M-F 8AM-12PM & 1-4:30PM*

*Department Staff*

*Angela Snell, C.P.R.P. Director*

*Gary Grindle, Recreation Supervisor*

*Jean Giles, Senior Account Clerk*

*Doug Schoenfeldt, Park Foreman*

*Visit us on the web at [www.shrewsbury-ma.gov](http://www.shrewsbury-ma.gov)*



*For cancellations please call the weather hotline at 841-8336  
If schools are cancelled due to inclement weather, then parks &  
recreation programs will also be cancelled. If there is a morning delay  
for schools, then all tots programs will be cancelled for the day.*

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## ***Policies***

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### **Registration & Program Information**

Programs have enrollment limits, and sign-ups are accepted on a strict first-come basis. Registrations are non-transferable. Registration forms must be signed by a parent. A registration will not be accepted without a properly completed form. All registrations are subject to review for eligibility. **Programs are for residents unless otherwise noted with a non-resident fee, in which registrations will be accepted starting December 13<sup>th</sup>.** ***Seniors-60 and older, Adults-18 and older***

### **Proxy Registrations**

A person may submit another's registration form, provided the form is properly completed, signed and accompanied by the correct fee. (Wait until availability is confirmed before filling in their check). The Proxy limit is one per submitted (in addition to your own).

### **Refund Policy**

Refunds are not allowed unless we receive written notification prior to the class starting and we are able to fill your space with someone from the waiting list. Refunds that are granted will be charged a \$5 administrative fee for programs less than \$50 and a \$10 administrative fee for programs \$50 or more. Otherwise refunds will not be allowed unless the program is canceled by the department.

### **Cancellation Policy**

Programs may be canceled due to lack of enrollment, inclement weather and holidays. We also reserve the right to cancel any registration due to misprints or human error.

### **Cancellation Hotline**

Contact 841-8336 for any cancellations due to inclement weather. (approximately 1 hour before the class starts)

### **Age & Grade Requirements for Programs**

All programs are to follow the set grade or age limit that is specified in the brochure. The age limit required corresponds to the date of the first class. The grade limit required corresponds to the child's grade level in the fall.

### **Switching of Classes**

Participants will not be allowed to switch or to change to different nights for any program.

### **Photo Policy....Smile**

The recreation department and/or press will take pictures & video on occasion of participants for publicity purposes and for local cable. If you do not want to have you or your child photographed, please let us know on the registration form.

### **Advertisements**

Programs and special events will be shown on Channel 35 and in the local newspapers.

### **Office Hours**

Monday through Friday 8AM-Noon & 1-4:30PM

### **Valuables**

The parks & recreation department is not responsible for any lost or stolen items. Valuables, in particular should not be brought to any program.

### **Code of Conduct**

We ask all participants to respect the staff, other participants, age requirements, and the equipment. Please refrain from causing bodily harm to others and from using foul language. Additional rules will be announced at each program. If a participant fails to cooperate with the rules, the department reserves the right to dismiss or suspend a participant with no money refunded. Each situation will be evaluated by the director.

### **Parks & Recreation**

Please contact us at 508-841-8503 with any questions.

## **Shrewsbury Special Needs Program**

*Special Olympics training and social activities for students ages 8 and older. For a schedule of events please visit:*

[www.shrewsbury-ma.gov/parkrec/special.asp](http://www.shrewsbury-ma.gov/parkrec/special.asp)

## **Save the Dates**

*Spring Registration-March 5<sup>th</sup>  
Summer Registration-May 14<sup>th</sup>*

***\*\*Please note that all registrations including summer will now take place at Town Hall***

## **Ski Ward Ski & Snowboard Lessons**

*Please call ski ward at 845-1797 extension 11 to inquire about ski and snowboard lessons. Lessons will begin January 7<sup>th</sup>. Call ski ward for space availability.*

## Senior Programs

Seniors can register starting December 1<sup>st</sup>

### Senior Tai Chi

The Tai Chi form is a method whereby a person can practice the maneuvers used in self-defense in order to develop internal power and external flexibility. Daily Tai Chi practice will enhance the quality of life.



#### Beginners (8 classes)

**Simplified 24 form \*New\* (learn the form in 10 weeks!)**

**# 134070-B Time: 4-4:45PM**

**Res: \$13 Non-Res: \$18 Dates: 1/4-3/1 (no 2/22)**

**Day: Tuesday Location: Senior Center**

**Ages: Seniors Instructor: Laurie Demers**

#### Advanced (8 classes)

**Yang style long form 108 (prerequisite simplified 24 or previous advanced class)**

**# 134070-A Time: 3:15-4PM**

**Res: \$13 Non-Res: \$18 Dates: 1/4-3/1 (no 2/22)**

**Day: Tuesday Location: Senior Center**

**Ages: Seniors Instructor: Laurie Demers**

### Senior Line Dance

Line dance to music from the 40's, 50's and 60's. A variety of dance moves like the grapevine, hustle, hitch and Charleston will be used. (8 classes)

**# 134140-A Time: 10-11AM**

**Dates: 1/4-3/1 (no 2/22) Res: \$13 Non-Res: \$18**

**Day: Tuesday Loc: Senior Center**

**Ages: Seniors Instructor: Joe Czarnecki**

### Senior Recreational Bowling

Come and join the Senior Bowling League at the Town & Country Bowling Alley. This recreational league provides exercise and an enjoyable atmosphere. Weekly fee is \$7.50, which includes 3 games, donuts and coffee

**Dates: ongoing Fee: \$7.50 (weekly)**

**Day: Tuesday Ages: Seniors Time: 1PM**

**Loc: Town & Country Bowl (corner of RT 9 & Oak St)**



### Senior Fitness & Nutrition

Exercise, and learn about improving your overall health by building strength, flexibility and eating healthy. (8 weeks)

**# 134050-A Time: 9:30-10:30AM**

**Res: \$20 Non-Res: \$25**

**Day: Wednesday Ages: Seniors**

**Dates: 1/5-3/2 (No 2/23)**

**Location: Senior Center**

**Instructor: Karen McKenzie**



### Senior Painting Medium of Choice

This class will allow participants to become creative while using a variety of different painting methods with acrylic and water base paints. The class will also focus on drawing techniques.

All materials are included.

**# 134120-C Time: 10am-12pm**

**Res: \$25 Non-Res: \$30**

**Day: Thursday Ages: Seniors**

**Dates: 1/6-3/3 (no 2/24)**

**Location: Senior Center Art Room**

**Instructor: Jenn Swan**



## Adults

### Women's Informal Basketball

Time for the women to get on the court, shoot around and play some pickup games! Basketball is a great way to relieve the stress from a long day. So move over boys!

**# 133020-D**

**Time: 7:45-9:30PM**

**Res: \$20 Non-Res: \$25**

**Ages: Adults**

**Loc: Sherwood Middle (Front 1/2 of gym used)**

**Day: Monday Dates: 1/3-3/21 (no 1/17 & 2/21)**



### Men's Informal Basketball

Get together with the guys and play some pick-up games on a weekly basis. Basketball is great way to keep in shape during the winter months. **Participants can only register for one night of basketball. However, participants can register for a second night starting Friday December 10<sup>th</sup> if there is still availability. \*\* Non-Residents can register starting Monday December 13<sup>th</sup> if there is still availability.**

**Res: \$20 \*\*Non-Res: \$25**

**Ages: Adults 18 & over**

**Time: 7:45-9:30PM**

**Loc: Sherwood Middle School**

**Wednesday Night # 133020-B**

**Dates: 1/5-3/23 (no 2/23 & 3/16)**

**Thursday Night # 133020-C**

**Dates: 1/6-3/17 (no 2/24)**

**Tuesday Night (35 & Over) # 133020-A**

**Dates: 1/4-3/22 (no 1/18 & 2/22)**



## Winter Brochure 2004/2005

### Co-Ed Informal Volleyball

Pick-up games will be played for men and women during the fall months. Come out and join some of your friends while enjoying the game. Pick-up games, no referees.

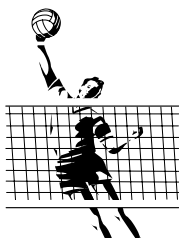
# 133210-A Age: Adults

Time: 7:45-9:30PM

Res: \$20 Non-Res: \$25

Loc: Sherwood Middle (Back 1/2 of gym used)

Days: Monday Dates: 1/3-3/21 (no 1/17 & 2/21)



### Tai Chi & Chi Gong

The Tai Chi form is a method whereby a person can practice the maneuvers used in self-defense in order to develop internal power and external flexibility. Daily Tai Chi practice will enhance the quality of life. Ages: Adults

Beginners # 133070-A

Time: 5:45-6:30PM

**Simplified 24 form \*New\* (learn the form in 8 weeks!)**

Dates: 1/5-3/2 (no 2/23) (8 classes)

Res: \$28 Non-Res: \$33 Loc: Beal School

Day: Wednesday Instructor: Laurie Demers

Intermediate # 133070-B Time: 6:30-7:15PM

**Simplified 24 form \*New\* (learn the form in 8 weeks!)**

Dates: 1/5-3/2 (no 2/23) (8 classes)

Res: \$28 Non-Res: \$33 Loc: Beal School

Day: Wednesday Instructor: Laurie Demers



### Pilates

This class combines the core (back, abdominals and chest) for strengthening and stabilization. It is a full body stretching and strengthening experience for all



levels of ability. Please bring a mat.

### Beginners

# 133080-D Time: 5:45-6:30PM

Day: Tuesday Res: \$40 Non-Res: \$45

Ages: Adults & 15+ Location: Beal School

Dates: 1/4-3/8 (no 1/18 & 2/22) 8 classes

### Ongoing (some previous experience)

# 133080-E Time: 6-7PM

Day: Monday Res: \$40 Non-Res: \$45

Ages: Adults & 15+ Location: Beal School

Dates: 1/3-3/14 (no 1/17, 1/31 & 2/21) 8 classes

### Stretch'N'Flex

Tone muscles, strengthen and stretch your body. This class may include some Pilates and yoga based moves. There will be emphasis on proper alignment and form. Bring ankle weights and dumbbells for maximum results.

# 133090-A Time: 7:10-7:45PM

Res: \$32 Non-Res: \$37

Days: Mon & Thurs Loc: Beal School

Dates: 1/3-3/7 (no 1/17, 1/27, 1/31, 2/21 & 2/24) (14 classes)

Ages: Adults & 15+ Instructor: D Zeutas-Broer



### Intermediate Yoga

An eclectic class drawing from several styles of yoga including willful holding of postures (Kripalu, Iyengar) and flowing movement (vinyasa - commonly known as power yoga). Techniques will be offered for breathing practices and mindfulness. Please bring a mat to class.

(some previous experience required)

Ages: Adults & 15+

Instructor: D Zeutas-Broer

# 133080-B Day: Tuesday Loc: Beal School

Time: 6:35-7:35PM Res: \$48 Non-Res: \$53

Dates: 1/4-3/8 (no 1/18 & 2/22) 8 classes

# 133080-C Day: Thursday Loc: Beal School

Time: 6-7PM Res: \$48 Non-Res: \$53

Dates: 1/6-3/10 (no 1/27 & 2/24) 8 classes



## Youth & Teen

### ARC Babysitter's Training Course

Our American Red Cross Babysitter's Training Course will provide 6-8<sup>th</sup> grade students with training in leadership, safety and safe play, basic care, first aid and professionalism. The course information gives students the basic skills necessary to provide safe and responsible care for children in the absence of parents or guardians. The course is being offered through a partnership with the Shrewsbury Child Development Committee and Shrewsbury Parks and Recreation Department.



# 132250-A	Time: 6:15-8:30PM	Grade: 6-8 <sup>th</sup>
Day: Wednesday	Loc: Sherwood Middle School Room 137	
Dates: 1/19-2/9 (4 classes)	Res: \$40	

# 132250-B	Time: 6:15-8:30PM	Grade: 6-8 <sup>th</sup>
Day: Thursday	Loc: Sherwood Middle School Room 137	
Dates: 1/20-2/10 (4 classes)	Res: \$40	



**Registration Now Being Accepted!!!!**

**Downloadable Forms are available on the Town Web Site or in the office**

**Learn to Skate**

Each class consists of a 25 minute lesson featuring a 10:1 skater to instructor ratio. Week day classes include an optional 25 minute unsupervised practice. Sunday classes include free admission to the public skate session immediately following the lesson. **Forms are available in the office and include times, days and prices. For ages 6-12 at Buffone Arena (Worcester).**

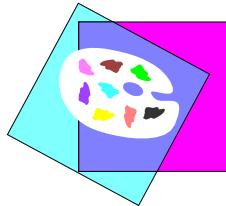


**Basic Hockey "Skills & Drills"**

This program is an excellent introduction for children 6 years and older who want to learn the basic skills necessary to enter into a youth hockey program. Equipment needed includes hockey helmet and gloves. **Forms are available in the office and include times, days and prices. For ages 6-12 at Buffone Arena (Worcester).**

**Mixed Media**

Explore the many possibilities in art while trying a variety of projects to develop your skills in drawing, color-mixing, and self-expression. We will look at the work of well known artists to gain inspiration and knowledge.



**# 132120-B**

**Dates:** 1/4-3/8 (no 1/18 & 2/22)

**Res:** \$40 (8 weeks)

**Time:** 4:30-6:30pm

**Day:** Tuesday

**Grades:** 3<sup>rd</sup>-6<sup>th</sup>

**Instructor:** Jenn Swan

**Location:** Ray Stone Post

**Claytime Pottery**

Each week the children will have the opportunity to paint an unfinished piece of pottery that will be then glazed and fired in a kiln. During each session there will be Claytime staff available to provide instruction on a variety of different painting techniques. All of the dinnerware painted will be food safe once it's glazed and fired. **Location: Claytime Studio (Rte 9 in Shrewsbury, next to Dunkin Donuts)**



**"Winter Theme" # 132120-A**

**Res:** \$44

**Time:** 5:30-6:30PM

**Dates:** 1/20-2/10 (4 weeks) **Day:** Thursday **Grades:** 1<sup>st</sup>-4<sup>th</sup>

**TAE KWON DO (Beginners)**

TAE KWON DO is a great form of exercise, develops self-confidence, teaches self-defense training and self discipline. A uniform is included with the program for new participants.

Program is designed for beginners who have not taken TAE KWON DO before.

Students will have the option of joining the **US TAE KWON DO Center Academy (Rte 9, next to Town Fair Tire)** after completion of this program.

**# 132290-A**

**Time:** 5:50-6:35PM

**Fee:** \$60 (10 classes)

**Dates:** 1/11-2/15 (no 1/18)

**Day:** Tuesday & Friday

**Ages:** 5 and up

**# 132290-B**

**Time:** 9-9:45AM

**Fee:** \$40 (6 classes)

**Dates:** 1/8-2/12

**Day:** Saturday

**Ages:** 5 and up

**# 132290-C**

**Time:** 10-10:45AM

**Fee:** \$40 (6 classes)

**Dates:** 1/8-2/12

**Day:** Saturday

**Ages:** 5 and up



**Teen Karate**

A great program to help improve self-confidence, self-defense and self discipline for teenagers!

**# 132290-D**

**Time:** 6:40-7:25PM

**Fee:** \$40 (6 classes)

**Dates:** 1/7-2/11

**Day:** Friday

**Ages:** 12 and up



**Special Needs Bowling**

This program will help children learn the fundamentals of bowling. They will also socialize, meet new friends and help develop motor skills. All bowling fees and shoes will be included in the price. (8 weeks)

**# 135180-A Res:** \$15

**Time:** 4:30-5:30PM

**Dates:** 1/4-3/8 (no 1/18 & 2/22)

**Day:** Tuesdays

**Instructor:** Staff

**Location:** Town & Country Bowl

**Grades:** 1-6<sup>th</sup> Special Needs Students



## Young Children

**Pee-Wee Tennis**

A unique and fun class that teaches the young players the basics of tennis, improves hand- eye coordination and self confidence. Sneakers required, a few racquets are available for use.

**# 131010-A (6 weeks)**

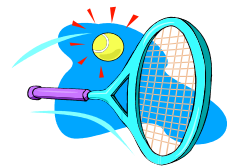
**Time:** 1:15-2PM **Ages:** 4-6

**Fee:** \$55

**Dates:** 1/11-3/1 (no 1/18 & 2/22)

**Days:** Tuesdays

**Location:** Mass Health & Fitness



## Young Children

### Gymnastics

A gym activity program for children ages 4 and 5. Each class is 45 minutes in length and is designed to introduce basic gymnastic skills and stimulate gross motor skill development. The use of special preschool equipment, in addition to the safe use of all gymnastics equipment, develops and refines motor skills, coordination and self confidence.



**# 131150-A** Time: 11:15AM-Noon  
**Fee:** \$40 **Dates:** 1/3-2/28 (no 1/17 & 2/21)  
**Day:** Monday **Ages:** 4 & 5  
**Location:** Mass Gymnastic Center, Rte 9 in Westboro  
**# 131150-B** Time: 2-2:45PM  
**Fee:** \$40 **Dates:** 1/6-2/17  
**Day:** Thursday **Ages:** 4 & 5  
**Location:** Mass Gymnastic Center, Rte 9 in Westboro

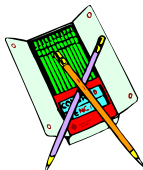
### All By Myself

Your child will have fun for participating in circle time with books and discussions, small and large motor activities, art projects, cooperative play and age appropriate lessons. Through structure play and discovery learning, your child will have the opportunity to increase their social development, self-esteem and independence. Each week, the activities will vary and be based on a theme. Child must **be at least 3, but no older than 5 at the start of the first class** and can only attend one day per session. **Children must also be potty trained.** **Loc:** Ray Stone Post **Ages:** 3-5  
**Res:** \$65 (8 weeks) **Instructor:** Ann Morrissey  
**# 131040-A** Day: Wed. Time: 10:45AM-12:30PM  
**# 131040-B** Day: Thurs. Time: 10:45AM-12:30PM  
**# 131040-C** Day: Fri. Time: 10:45AM-12:30PM  
**Wednesday dates:** 1/5-3/2 (no 2/23)  
**Thursday dates:** 1/6-3/3 (no 2/24)  
**Friday dates:** 1/7-3/4 (no 2/25)



### Preschool Kids Crafts

This class encourages parent and child interaction in a creative and challenging environment for the child, along with social involvement with other preschool children. Classes give children the opportunity to use paints and glue, while designing art projects.



**Ages:** 2-4 (with parent) **Location:** Ray Stone Post  
**# 131120-A** Time: 9-9:45AM **Res:** \$40  
**Dates:** 1/12-2/16 **Day:** Wednesday

### Crawl, Wobble & Walk "New"

Bounce Fitness has teamed up with us to offer a new infant class. The infant movement class is for parents to participate and play in a somewhat structured gym class. We will sing songs, play with the parachute, and climb obstacle courses. (Parents must participate). Location Bounce Fitness, 3 Tennis Drive (off Walnut Street) Located within Mass Health and Fitness.



**# 131040-G** Time: 9:45-10:30AM  
**Fee:** \$60 **Dates:** 1/8-2/12 (6 classes)  
**Day:** Saturday **Ages:** 6-18 months

### Just You & Me

This class is designed to give you the opportunity to spend quality time with your toddler and have fun, too. Together you will play games, sing songs, do crafts, and more. Each week, the activities will vary and be based on a theme. Parent or adult must be able to stay with child at all times and participate. Child must **be at least 2 and no older than 3 at the start of the first class**. One class per child.



**Instructor:** Ann Morrissey **Ages:** 2 & 3 (with parent)  
**Res:** \$40 per child (8 weeks) **Loc:** Ray Stone Post  
(Parking at Upper Dean Park lot, by pond, Main Street)  
**# 131040-E** Day: Thursday Time: 9:45-10:30AM  
**# 131040-F** Day: Friday Time: 9:45-10:30AM  
**Thursday dates:** 1/6-3/3 (no 2/24)  
**Friday dates:** 1/7-3/4 (no 2/25)

### Sign-up now!!!

**Registration Forms are available in the office, downloadable off our web site and include times, days and prices.**

**For ages 2.5-5**

**At Buffone Arena (Worcester)**

### Tiny Blades Skating

Each class consists of a 30-minutes lesson where skaters learn the basic skills necessary to enjoy recreational ice skating or enter into a youth hockey or figure skating program in the near future.



### Tykes Hockey

Each class consists of a 25 minutes lesson where skaters learn the fundamentals of skating required to play hockey in the future.